

Foundation Programme in Literacy, Numeracy and Skills

DIGITAL LITERACY GRADE 9 | Lesson 1 **Pupil's Worksheets**



Mauritius Institute of Education
under the aegis of



Ministry of Education &
Human Resource

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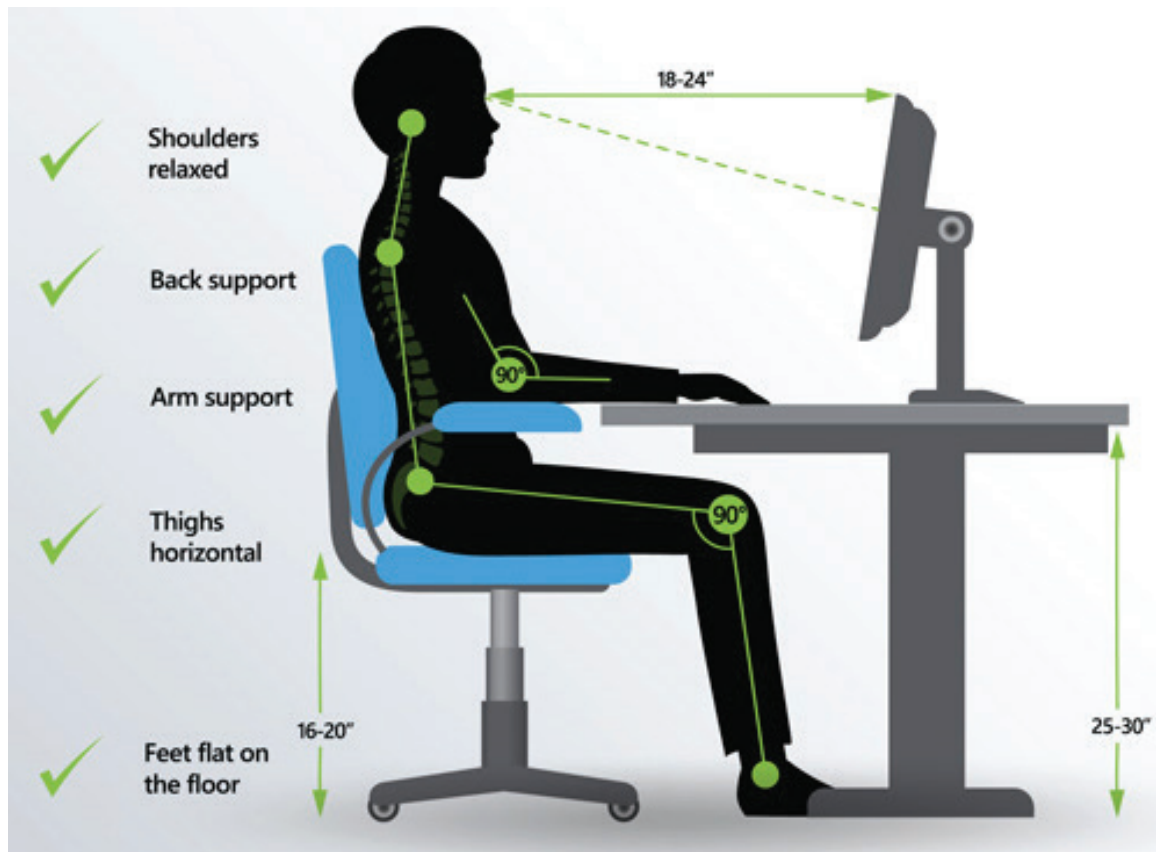


Health Hazards when using ICT

Activity 1: Discussion



The diagram below illustrates the proper sitting posture for computer use.



The teacher should use the diagram to explain the correct sitting posture for computer use.



Activity 2:

Suggest solutions for common ICT related health issues in the following scenario-based questions.

	<p>SCENARIO</p> <p>Alex spends long hours typing on a keyboard without proper wrist support. Over time, he starts feeling pain in his wrists and fingers.</p>		<p>QUESTION</p> <p>What ergonomic adjustments can Alex make to prevent wrist strain?</p>
<p>ANSWER</p>			

	<p>SCENARIO</p> <p>Priya notices that after prolonged computer use, her eyes feel dry and irritated. She also experiences headaches from staring at the screen.</p>		<p>QUESTION</p> <p>What steps can Priya take to reduce eye strain while working on a computer?</p>
<p>ANSWER</p>			